

# WIC Foods for Children

The new WIC foods help your child meet today's nutrition needs as recommended by your health care **provider**. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!

**New &  
Improved!**

## Your New WIC Foods:



Are lower in fat and higher in fiber



Offer a variety to help with picky eating habits



Help maintain a healthy weight for your child



Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

## What You Will Receive:

### GRAINS

- 36 ounces of cereal
- 2 pounds whole wheat bread
- **Or** other whole grain options

### FRUITS and VEGETABLES

- 128 fluid ounces of vitamin C-rich juice
- \$6 cash value voucher for fruits and vegetables

### DAIRY

- 16 quarts of milk
- More allowed substitutions

### PROTEIN

- 1 dozen eggs
- 1 pound dried beans or peas
- **Or** 18 ounces of peanut butter
- **Or** 4,15 ounce cans of beans or peas

**Give your child more variety with the new WIC foods!**